

Flow Finder: Own Your Flow

Use this worksheet to note when getting things done is feeling particularly effortless or particularly difficult with these questions:

Feeling Effortless

What am I doing?

Where am I working?

What time is it?

What project(s) am I working on?

Additional notable details:

Feeling Difficult

What am I doing?

Where am I working?

What time is it?

What project(s) am I working on?

Additional notable details:

Reflect on your notes to make some conclusions about where & when you feel in flow, what you are working on in that state, and more to better find flow again!